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# Let's Get Thin MD

The Dr. Girouard Advantage™

## THE 7 DAY BREAKFAST MENU



### WAKE UP AND EAT!

Starting your day by eating 30 to 50 grams of protein within 3 hours of waking up will boost your metabolism and help burn up to 40% more fat throughout the day.

#### 1 Monday

1 OhYeah! Pre-made Cookies & Creme Protein Shake [32g protein],  
Coffee with Splenda or Nectresse

#### 2 Tuesday

1 Peanut Butter Crème Power Crunch Bar [30g protein],  
Coffee with Splenda or Nectresse

#### 3 Wednesday

1/2 Cup Cottage Cheese Mixed with 1 Slice Chopped Bacon [18g protein],  
Mocha Flavored Health Wise Hot Chocolate [15 g protein], Coffee

#### 4 Thursday

4 Egg Whites and 2 Egg Yolks Scrambled [24g protein], Make Your Own Latte  
with 1/4 Scoop OhYeah! Vanilla Crème Powder Mixed with Coffee [6g protein]

#### 5 Friday

1 Heaping Scoop OhYeah! Vanilla Crème Protein Powder Blended with Diet  
Cherry Dr. Pepper [30g protein], Coffee with Splenda or Nectresse

#### 6 Saturday

1 Orange Whey Protein Bullet Blended with 4oz. Diet Sprite [42g protein],  
Coffee with Splenda or Nectresse

#### 7 Sunday

2 Egg Omelet [12g protein], 2 Slices Canadian Bacon [6g protein], Sprinkled  
with Shredded Cheese [2 g protein], Health Wise Hot Chocolate [15 g protein]

**TEAMING WITH  
A MEDICAL  
PROFESSIONAL  
PRODUCES  
GREATER  
RESULTS.**

Let's Get Thin MD offers medically supervised weight loss programs with proven results.

Dr. Girouard has successfully treated more than 165,000 patients and is known as the foremost weight loss physician in the United States.



**OhYeah!**  
It's That Good!

**JOIN THE LET'S GET THIN MD PROGRAM AND RECEIVE THE EDUCATIONAL TOOLS, SUPPORT AND ENCOURAGEMENT TO LOSE THE WEIGHT AND KEEP IT OFF.**

[www.LetsGetThinMD.com](http://www.LetsGetThinMD.com)